

## SESSION 5. CALLING

What now?

### Aims of the session

In this session we want to reflect on the journey through the last five weeks, to develop a rhythm of life which will encourage greater depth in our relationship with God, and further our personal discipleship.

### Game - 5/10 mins

Tell the group that you are setting them a challenge – who can do a wall squat for the longest time. It's a competition.

Get them into position and see who can hold the position for the longest.

Give a prize to the winner.

Ask them – 'what made you do that activity? What motivated you to keep going?'

Ask: 'In general, what motivates us to do things that might stretch up or be difficult?' [they might say – rewards, wanting to out-do other people, because we have to, benefits in the future etc.]

Ask – What motivates us to stretch ourselves as disciples? Why might we want to grow more as disciples? What would make us want to do more of the practical activities we talked about earlier to 'place [our lives] before God as an offering'?

### Group work / Discussion - 10/15 mins

Everyone is motivated by something...

What gets you up in the morning?

What dictates your behaviour?

What do you love doing?

What's your passion?

Get them to discuss in groups and then feedback to the whole, writing anything on flip chart so it is visible.

### Testimonies/stories about what God is doing - 5/10 mins

Thinking back about our challenges last week, how is that going?

Have you experienced God doing anything else in your life this week?

## Video - 10 Mins

Introduction to the Rhythm of Life – Video will be provided

## Talk - 5 mins

1 John 3:1 – your main purpose in life, your main call in life is to be a child of God

Matt 6:33 – And to seek first the kingdom of God

You are powerful and called by God to change your world. that comes through engaging in all the things we have talked about, caring about the world, people around you yourself etc., but it is also about deepening your relationship with God. Pursuing Him in your everyday life, falling in love with Jesus, like you never have done before. You are called to be in the world but not of the world. Be light, be a community and family that love Jesus so much, that love each other so much that the light and love of God breaks into the darkness around us.. Do this by falling in love with Jesus.

To experience His love in every area of your life, To pursue His presence, we need to create rhythms in our lives that allow us space and time to fall in love with Jesus.

What are your routines and rhythms of life which draw you closer to God? Share your own routines/struggles

Come up with ways in which we all can create more space to fall in love with Jesus.

## Challenge - 5 mins

The friend we prayed for on the first week... what can you do to tell them more about your faith and experience of God?

What's your rhythm of life? Do you need to create new routines of life?

Hand out the Rhythm of Life Booklets, and wristbands.

## ***Worship/response suggestions - 10 mins***

***You can do sung worship, reflective worship or for more ideas - <https://engageworship.org/ideas>***

**I WOULD ALSO ENCOURAGE TO THINK THROUGH STARTING UP DISCIPLESHIP GROUPS. WAYS OF DOING THIS ARE AVAILABLE ON OUR WEBSITE RESOURCE PAGE**

**<https://www.winchester.anglican.org/youth-children-families/>**